

## Arizona School Counselors Association

### Tips and Strategies for Parents to Support Mental Wellness during COVID-

19

1. **Maintain a routine** - Many schools are still virtual and many parents are electing to keep their children in virtual learning this year. Developing a morning routine for school creates a sense of normalcy. Have your student get up from an alarm, get dressed in “school clothes”, and get ready for their day of learning.
2. **Validate feelings** - Many children (and adults) are experiencing anxiety and uneasiness about the world right now. If your child expresses that they are afraid, anxious, or lonely, refrain from immediately telling them “you are fine”. Reflect their feelings back to them and see if they want to talk about it.
3. **Share your experience** - Children want to know they are not alone. By sharing a time you felt anxious or afraid and how you overcame it, you are validating them and building resiliency. It shows children that there is hope.
4. **Practice and discuss** - Be open with your children about how certain things will be different at school or in the community before going somewhere. For example, have them practice putting their mask on and off by themselves or discuss PE activities they may be doing now with social-distancing.
5. **Limit news broadcasts** - When having family time, refrain from having the news in the background. The news surrounding the COVID-19 pandemic can be scary and overwhelming. Be the filter to your child about the situation. Be honest but don't overwhelm them (or yourself).
6. **Be hopeful** - We know there will be an end to this situation eventually. Do not be afraid to talk to your children about future plans. You are modeling hope for your children and by speaking positively, it helps with your own mental well-being.
7. **Reach out** - Do not be afraid to reach out to others for support. Your child's teacher and school counselor are here for you and your family.

AzSCA Resources for Parents and School Counselors

<https://docs.google.com/spreadsheets/d/1QnoBVS3YlpJrUGBUOGPSM6XhPsz7nguNt9TVVmFH5po/edit#gid=0>